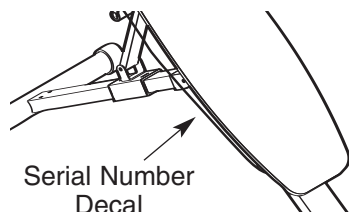


WEIDER® body works pro

Model No. WEFMBE1477.0

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

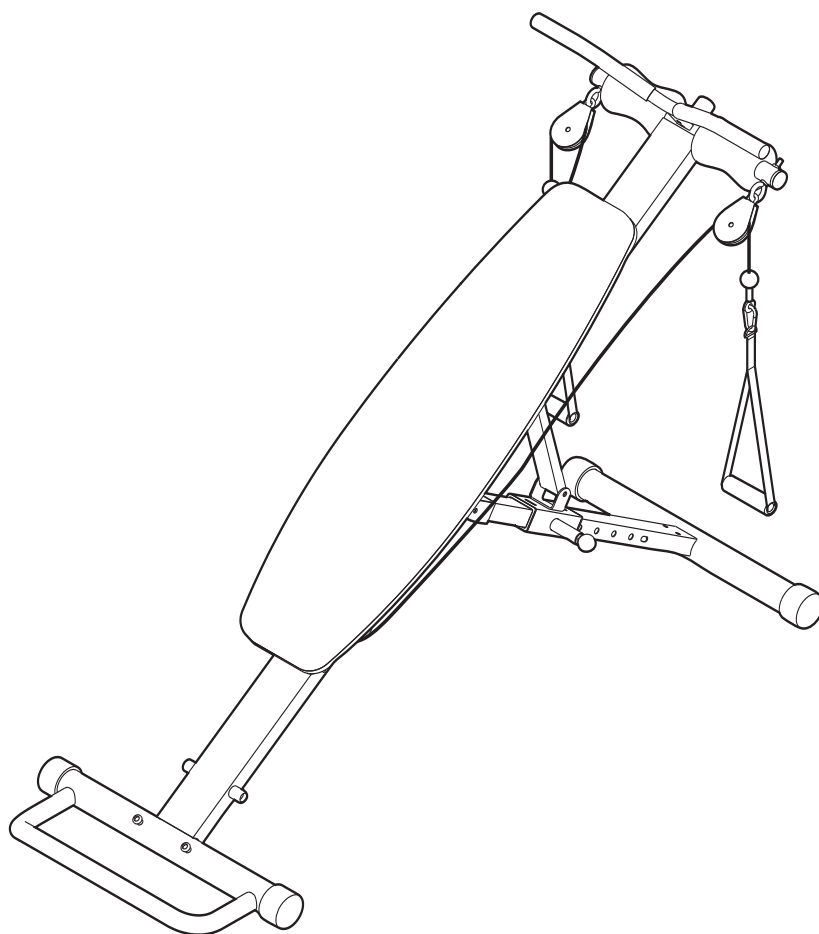
Leeds, LS11 8JG,

UK

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.iconeurope.com

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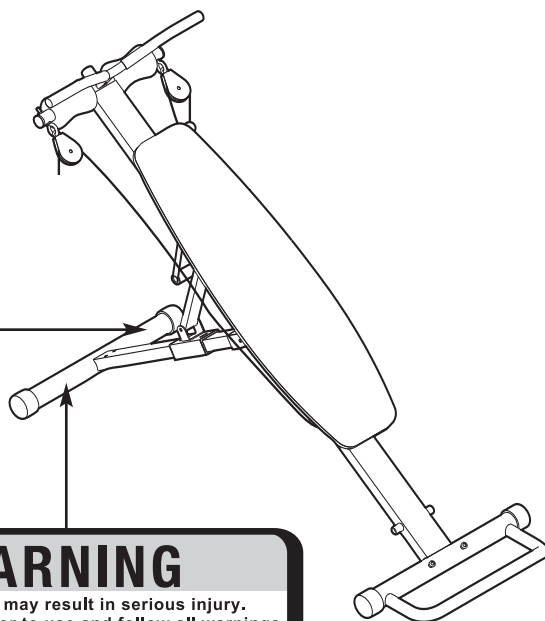
WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal.** **Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

⚠ WARNING
User Weight: Max 250 LBS
Weight Crutch: Max 110 LBS
Leg Developer: Max 50 LBS
Weight Carriage: Max 110 LBS
Chest Fly Per Arm: Max 30 LBS
Product may not offer all listed exercises.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight training system before using the weight training system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight training system before using the weight training system.
3. It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
4. Use the weight training system only as described in this manual.
5. Use the weight training system only on a level surface. Cover the floor beneath the weight training system to protect the floor.
6. Inspect and properly tighten all parts each time you use the weight training system. Replace any worn parts immediately.
7. Keep hands and feet away from moving parts.
8. Always tie back long hair to prevent it from becoming caught.
9. Keep children under 12 years old and pets away from the weight training system at all times.
10. The weight training system should not be used by persons weighing more than 250 lbs. (113 kg).
11. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The weight training system is intended for home use only. Do not use the weight training system in any commercial, rental, or institutional setting.

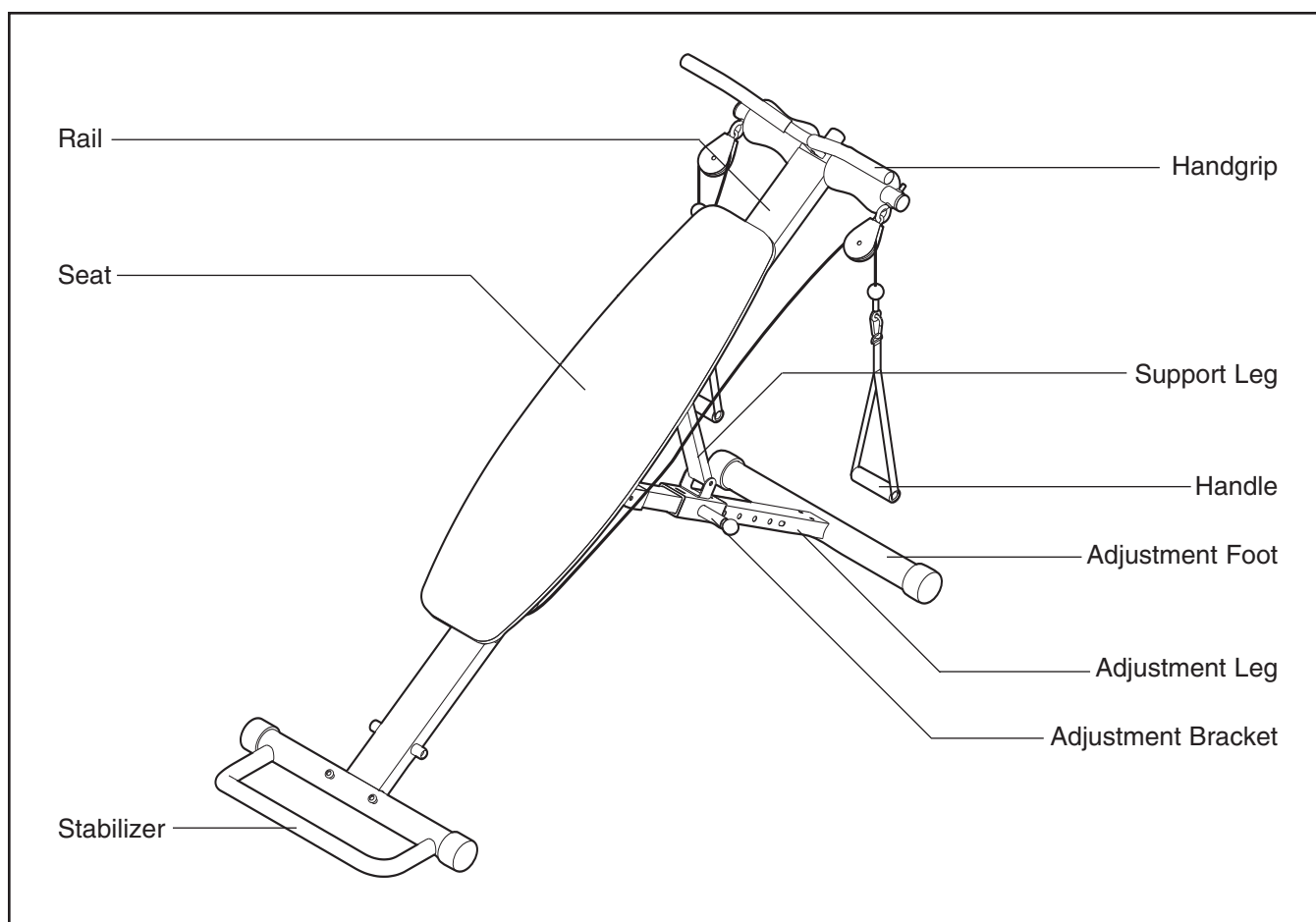
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BODY WORKS PRO 2.0 weight training system. The versatile BODY WORKS PRO 2.0 weight training system is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the BODY WORKS PRO 2.0 weight training system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight training system. If you have addi-

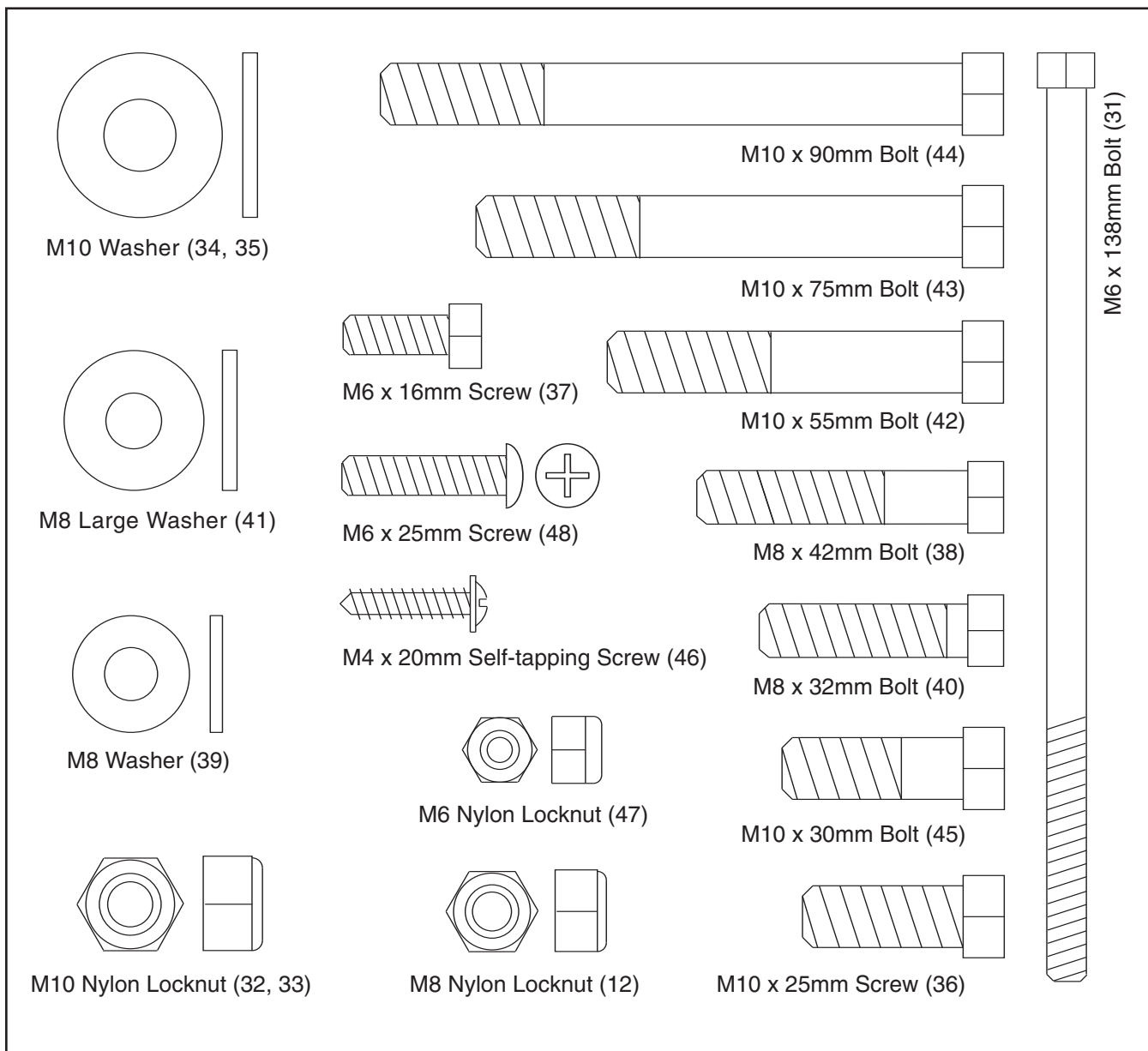
tional questions, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST near the end of this manual. **Note: Some parts may have been preassembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been preassembled.**



ASSEMBLY

Make Assembly Easier

This manual is designed to ensure that the weight training system can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.




Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight training system, make sure that all parts are oriented as shown in the drawings.

- Assembly requires two persons.

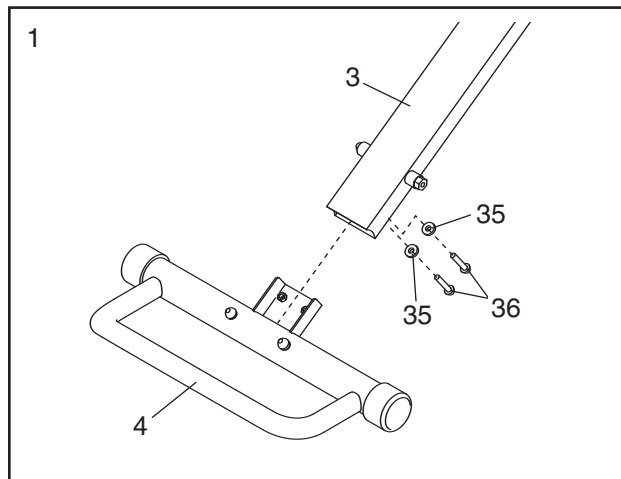
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

The following tools (not included) are required for assembly:

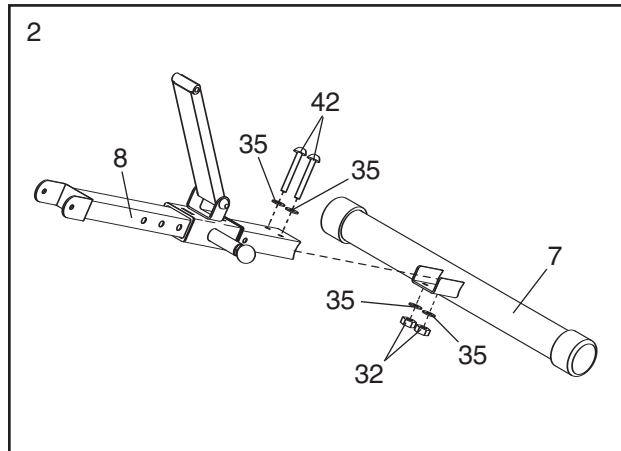
- two adjustable wrenches 
- one standard screwdriver 
- one Phillips screwdriver 

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches. **If further assistance is needed, please see the front cover of this manual.**

1. Orient the Stabilizer (4) and the Rail (3) as shown. Then, attach the Stabilizer to the Rail with two M10 x 25mm Screws (36) and two M10 Washers (35).



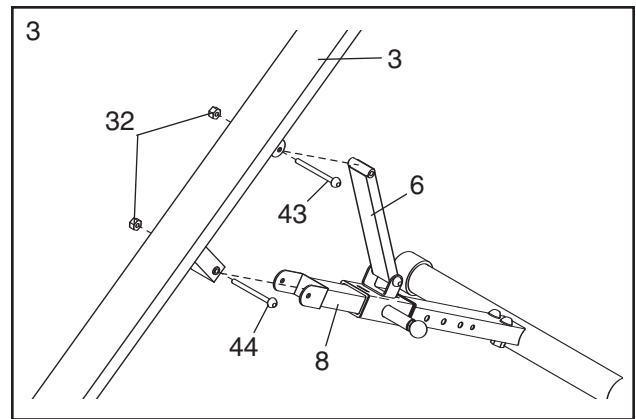
2. Attach the Adjustment Foot (7) to the Adjustment Leg (8) with two M10 x 55mm Bolts (42), four M10 Washers (35), and two M10 Nylon Locknuts (32).



3. **Note: The following steps require two persons.**

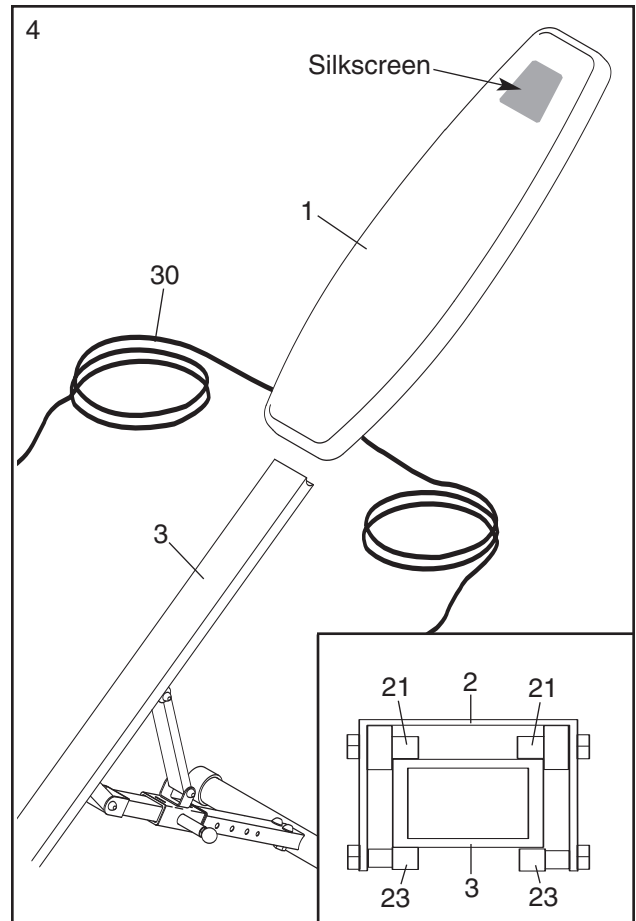
Attach the Adjustment Leg (8) to the Rail (3) with an M10 x 90mm Bolt (44) and an M10 Nylon Locknut (32).

Attach the Support Leg (6) to the Rail (3) with an M10 x 75mm Bolt (43) and an M10 Nylon Locknut (32). **Do not overtighten the Nylon Locknuts; the Adjustment Leg (8) and the Support Leg must pivot easily.**

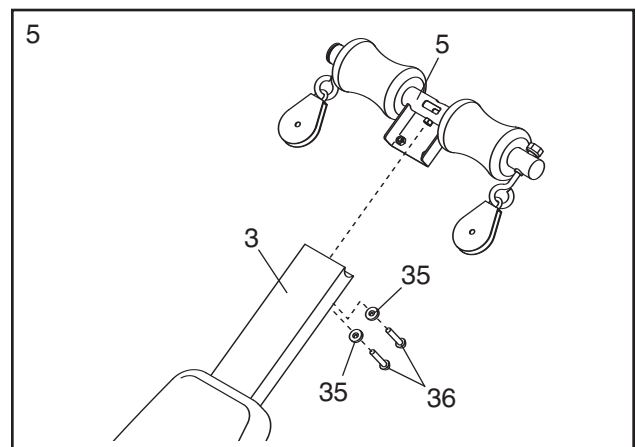


4. Have a second person hold the ends of the Cord (30) above the Seat (1). **See the inset drawing.** Slide the Seat Bracket (2) onto the Rail (3). **Make sure that the Wheels (21) are on top of the Rail and that the Large Bushings (23) are below the Rail.**

⚠ CAUTION: Make sure that the Seat (1) is oriented as shown in the drawing.



5. Attach the Upper Bar (5) to the Rail (3) with two M10 Washers (35) and two M10 x 25mm Screws (36).

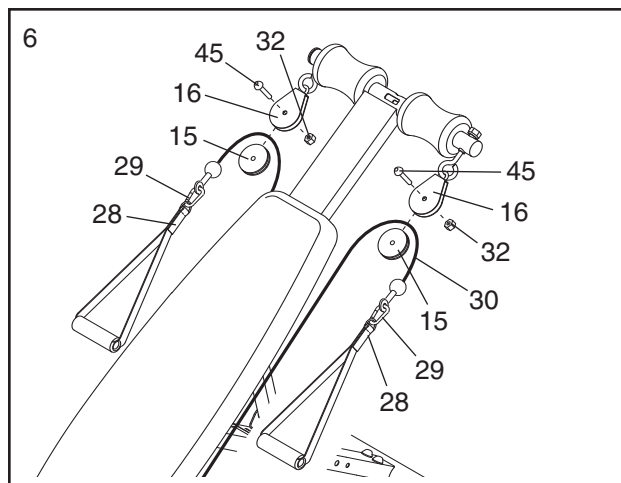


6. Remove the Large Pulley (15) from one of the Pulley Housings (16).

Wrap one end of the Cord (30) around the Large Pulley (15). Reattach the Large Pulley inside the Pulley Housing (16) with the M10 x 30mm Bolt (45) and the M10 Nylon Locknut (32). **Do not overtighten the Bolt; the Pulley must turn easily.**

Repeat this step with the other Pulley Housing (16).

Attach a Handle (28) to each end of the Cord (30) with the two Clips (29).



7. **Make sure that all parts are properly tightened before you use the weight training system. The use of the remaining parts will be explained in ADJUSTMENT on page 9.**

ADJUSTMENT

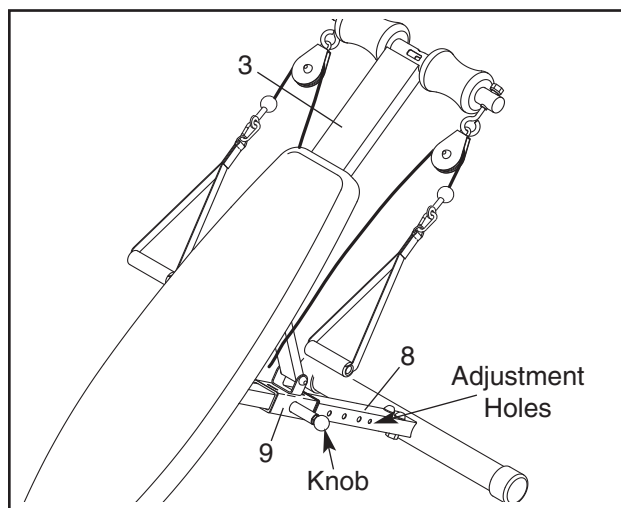
The weight training system is designed to use your own body weight as resistance. The steps below explain how the weight training system can be adjusted and folded for storage. Refer to the accompanying exercise guide to see the correct form for several exercises.

Inspect and tighten all parts each time you use the weight training system. Replace any worn parts immediately. The weight training system can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

ADJUSTING THE INCLINE

The incline of the weight training system can be adjusted to change the resistance level of your workout.

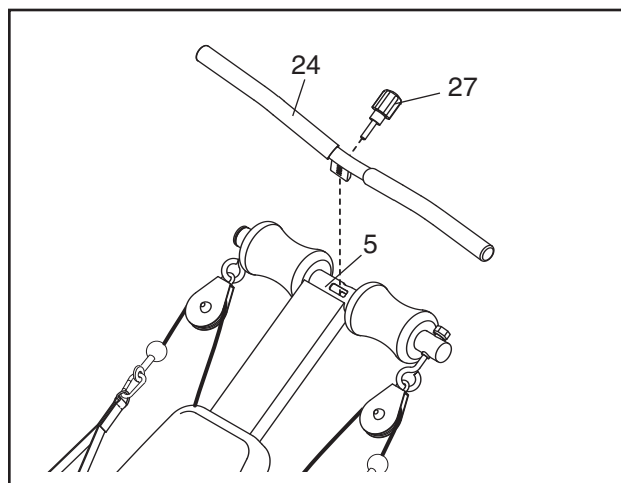
To adjust the incline, lift the Rail (3) until the knob on the Adjustment Bracket (9) can be pulled from the adjustment hole in the Adjustment Leg (8). Raise or lower the Rail to the desired incline and insert the knob into an adjustment hole in the Adjustment Leg. **Note: Be sure that the knob on the Adjustment Bracket is fully inserted into an adjustment hole in the Adjustment Leg.**



ATTACHING THE HANDLEBAR

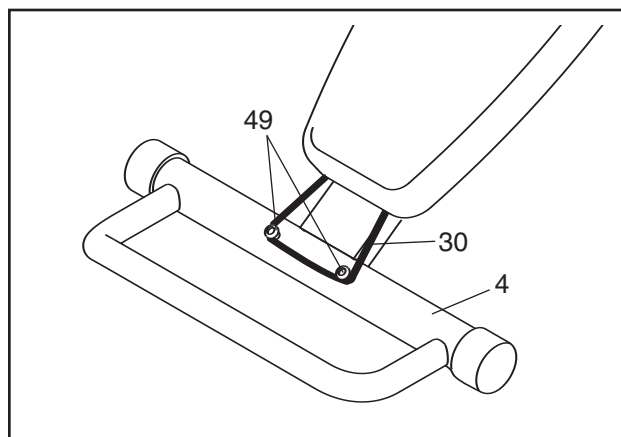
For some exercises, the Handlebar (24) must be attached to the weight training system. Slide the Handlebar into the Upper Bar (5) and secure it with the Knob (27). Turn the Knob clockwise until it is tight.

CAUTION: Remove the Handlebar (24) when performing an exercise that does not require it.



SECURING THE CORD

When storing the weight training system, or performing exercises that do not require the use of the Handles (not shown), secure the Cord (30) by wrapping it around the Plastic Knobs (49) on the Stabilizer (4).



PART LIST—Model No. WEFMBE1477.0

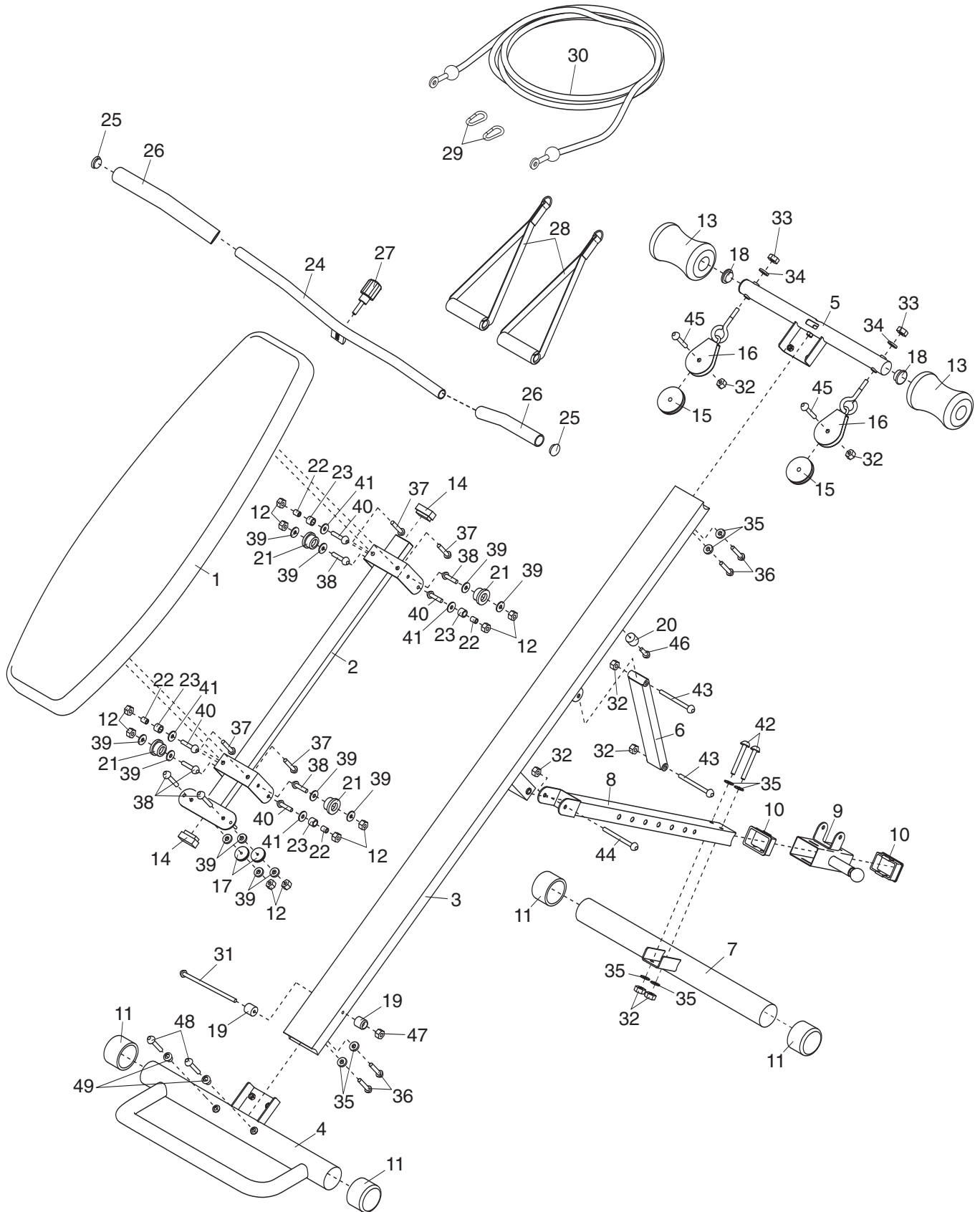
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	27	1	Knob
2	1	Seat Bracket	28	2	Handle
3	1	Rail	29	2	Clip
4	1	Stabilizer	30	1	Cord
5	1	Upper Bar	31	1	M6 x 138mm Bolt
6	1	Support Leg	32	7	M10 Nylon Locknut (Black)
7	1	Adjustment Foot	33	2	M10 Nylon Locknut (Silver)
8	1	Adjustment Leg	34	2	M10 Washer (Silver)
9	1	Adjustment Bracket	35	8	M10 Washer (Black)
10	2	Adjustment Bushing	36	4	M10 x 25mm Screw
11	4	60mm Round Outer Cap	37	4	M6 x 16mm Screw
12	10	M8 Nylon Locknut	38	6	M8 x 42mm Bolt
13	2	Foam Pad	39	12	M8 Washer
14	2	25mm x 50mm Inner Cap	40	4	M8 x 32mm Bolt
15	2	Large Pulley	41	4	M8 Large Washer
16	2	Pulley Housing	42	2	M10 x 55mm Bolt
17	2	Small Pulley	43	2	M10 x 75mm Bolt
18	2	Round End Cap	44	1	M10 x 90mm Bolt
19	2	Bumper	45	2	M10 x 30mm Bolt
20	1	Support Leg Isolator	46	1	M4 x 20mm Self-tapping Screw
21	4	Wheel	47	1	M6 Nylon Locknut
22	4	Small Bushing	48	2	M6 x 25mm Screw
23	4	Large Bushing	49	2	Plastic Knob
24	1	Handlebar	*	—	User's Manual
25	2	Inner Cap	*	—	Workout Chart
26	2	Handgrip			

Note: Specifications are subject to change without notice. See the back cover for information on ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEFMBE1477.0

R0707A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of the manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)